

**GRIST FROM THE MILL FOR OUR VOLUNTEERS**  
**COLVIN RUN MILL HISTORIC SITE**  
**October 2004**

## **A Busy October**

October promises to be a busy month. School groups have filled the weekly calendar and seasonal events are planned for almost every weekend. Two volunteer award events will highlight volunteer contributions to the Resource Management Division and to the Park Authority. We will also have AmericCorps and Volunteer Fest volunteers on two weekends to help beautify the site and prepare for winter.



### **Saturday, October 2 9:30am to noon** **Volunteer Excellence Awards Brunch at the Great Falls Grange**

Paint a pumpkin, discover clues to identifying trees, sample various corn breads made with Colvin Run Mill's corn meal, and challenge someone to a game of lawn bowling. You can do it all at the Resource Management Division Volunteer Brunch at the Great Falls Grange and Schoolhouse on October 2.

After all the activities and the bountiful brunch, congratulate Mike Murphy and Mike Moran who are Volunteer Excellence Awards nominees. Frank Boucher and Joe Pruden will each receive special recognition for their 10 years of dedicated volunteer service. The years have just flown by and they have enjoyed every minute – well almost every minute.

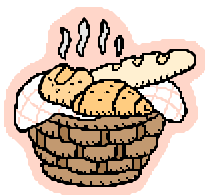


### **October 9 and 10** **TIMSA Fall Mill Tour**

Take the rare opportunity to tour four privately-owned area mills with Mason Maddox (who persuaded the owners to open their doors) and members of The International Molinological Society America (TIMSA) on October 9 and 10. Saturday's visits include Locke's Mill in Berryville, Hatcher's Mill in Middleburg, Daniel's Mill in Catlett, Robey's Mill on Popes Head Road and an overview of the stabilization project at Beverly-

Chapman mill. On Sunday, the group will tour two Maryland mills – Eden Mill in Pylesville and Rock Run Grist Mill in Havre de Grace.

Membership in TIMSA is not required for the tour. The cost for TIMSA members is \$20 and \$25 for non-members, including a box lunch on Saturday. Please see Mason Maddox for more information.



### **Sunday October 17 noon-4pm** **A Taste of Colvin Run Mill**

Visitors to *A Taste of Colvin Run Mill* will find that increasing consumption of whole grains is a simply delicious path to a healthy future. Our new fall program will inspire visitors with samples of tasty treats made with healthy whole grains ground at Colvin Run Mill. Yeast breads, quick breads, sweet breads and grits will all be available for tasting – with accompanying recipes to take home.

This program replaces Autumn Traditions, but will incorporate its most popular features. Visitors will be encouraged to press apples for cider, shell corn, make a corn husk doll, and try their hand at tossing corn cobs through a hoop. The mill and miller's house will be open with stationed docents and Mason Maddox, the miller, will grind for the last time this season. The German Band will add to the festivities from 1pm to 2pm.



## Grains of Truth

Whole grains are good for you – a July 28 Washington Post article by Katherine Tallmadge, a Washington nutritionist and author of *Diet Simple*, iterates the importance of whole grains in keeping us healthy. Overwhelming scientific evidence has found major health differences in people who eat more whole grains compared with people who eat enriched refined grains. Whole grains are strongly related to reduced heart disease, lower body weight, and lower rates of diabetes. There are indications that whole grains may also help prevent some cancers.

Whole grain includes the outer bran, the inner endosperm and the core germ. The bran and germ contain fiber, vitamins, minerals, protein, essential oils, phytochemicals and antioxidants; the endosperm contains mostly starch. Modern flour processing takes out the bran and germ, leaving only the starchy endosperm. To compensate for the loss of nutrients, products made with refined grains are enriched with B vitamins and iron. However, whole grains are complex with so many different compounds that scientists are unsure which components of grain contribute to good health, thus addition of vitamins and even fiber do not seem to have the same nutritional benefits as whole grain products.

In August 2003, Dawn Kehrler wrote about the health movement started by William Sylvester Graham in the 19<sup>th</sup> century as a reaction to, among other things, the refinement of flour resulting in “white flour”. Graham linked the increasing consumption of white flour to various deleterious physical effects. He advocated the use of stone-ground flour -- hence graham flour (whole wheat flour) and graham crackers. During his lifetime, Graham was often greeted with skepticism and cruelty for his ideas about food and some of his extreme theories of physical health. Now, more than 100 years after Graham's espousal of whole grains, scientific studies are verifying the many benefits of whole grains to human health.

Katherine Tallmadge, the author of the Washington Post article, advises looking for a whole-grain product containing 3 or 4 grams of fiber per ounce (28 grams) or 80-to-100 calorie serving. That signifies that the grain is likely in its most natural state.



## Shoes and Barleycorns

Grains are not only good food, but in the past were such common staples that they were used as a standard of measurement. About 1305, King Edward I of England declared “It is ordained that three grains of barley, dry and round, do make an inch.” This measurement was adopted by British cobblers who for the first time made footwear in standard sizes. The sizing has carried over to shoe sizes of today; each shoe size increases by 1/3 of an inch – a barleycorn.



## Beautifying the Site

On Saturday October 16, we welcome a new AmeriCorps crew to the site for an intensive day of clearing, weeding and mulching. On Saturday October 23, we are participating with Volunteer Fairfax and hundreds of local volunteers in the 10<sup>th</sup> annual VolunteerFest as a part of the national "Make a Difference Day". Volunteers will lend a hand to beautify the site and make a difference at Colvin Run Mill.



## Sunday, October 24 1pm-4pm Halloween Fun

Our less-than-scary Halloween event will include tours of the mill and miller's house. We need volunteers for tours as well as help with crafts, games and roasting marshmallows for s'mores.



## Friday, October 29 7:30pm-10pm Hats Off to You

Show your *Hatitute* by wearing a beautiful, creative, or practical hat to the 2004 Elly Doyle Park Service Awards and Outstanding Volunteer Recognition on Friday, October 29 from 7:30pm to 10pm at the Waterford at Fair Oaks. Bring a guest(s) and enjoy lively entertainment, feast on festive hors d'oeuvres, and have a libation at the cash bar (complimentary soft drinks).

In 1988 the Elly Doyle Park Service Award was established by the Fairfax County Park Authority in recognition of the contributions of Ms. Ellamae E. Doyle, a Fairfax County Park Authority Board member from 1958 to 1974 and chairman of the board from 1965 to 1968. Her efforts resulted in the preservation of parkland, protection of natural resources and the creation of recreational facilities for the benefit of all county residents.

Today, the Elly Doyle program recognizes the many outstanding volunteers who contribute their time, energy, creativity and dedication to the Park Authority on a daily basis. Last year more than 2,000 volunteers contributed 144,257 hours of time with a tangible value of \$2.4 million. Your volunteer service greatly contributes to the gold-medal reputation of the FCPA. Please RSVP by Monday, October 18 to 703-324-8264 or via email at [fairfaxcounty.gov/parks/rsvp](mailto:fairfaxcounty.gov/parks/rsvp).



## Congratulations

Mason and Donna Maddox are proud new grandparents of Makinsie Autum Irene Maddox, born September 18 to Rosie Maddox and weighing in at 7lb 8oz. Rosie chose the name Irene to remember her grandmother and great-grandmother.



Davis as a Colvin Run Mill docent and our "ice cream king", but Bob did many other volunteer for Northern Virginia Coaches Association, Bob was a much sought-after track and field official for all field meets in the Northern Virginia High School League.

To honor Bob's memory, the coaches association has planted a tree with a plaque memorizing Bob at Burke Lake Park. It replaces a large oak tree that was lost in last year's hurricane.



### Katsura Tree

Chris Stand from Green Spring Gardens Park noticed an unusual tree in our formal garden by the steps to the lower garden. It is a Katsura tree.

The Katsura tree was first introduced to the U.S. by Thomas Hogg, an American sent by President Lincoln to Japan in the 1860s. Mr. Hog sent seeds of the Katsura tree from Japan to his brother in New York. The tree soon became a popular addition to Victorian gardens, prized for its attractive leaves and unique cotton-candy aroma in the fall. It was widely dispersed by nurseries and botanical gardens after the turn of the century.

Was this tree planted by the Millard family in the early 20<sup>th</sup> century or was it a later addition to our garden? We don't know, but would be interested in researching the possibility of a Millard family connection.



### From the Miller's Corner

It has been a busy grinding season and the freezer is full of white and yellow cornmeal, white and yellow grits, and whole wheat flour. All of this while battling a beaver determined to build a dam across the tail race. Mason Maddox is hoping that the continued surveillance and destruction of the dam has encouraged the beaver to look for a new home. The last grind of the season will be during A Taste of Colvin Run Mill.



### Arti-Facts from Dawn "I'll have a pound of that"

A new exhibit in the Colvin Run General Store glass case recalls the era before modern packaging and advertising. In the early days of general stores, many products came in bulk. Barrels of flour and crackers, crates of fruits, bags of cereals, wheels of cheese and wooden pails holding mincemeat or candy lined the walls and floor, enticing the shopper with their contents. When a customer made a purchase, the storekeeper weighed the item on the store scale and wrapped it in brown paper tied with string.

Around the turn of the 20<sup>th</sup> century, storekeepers began a shift away from generic brands in barrels, baskets and bins and began supplying customers with products individually packaged in colorful jars, tin containers, wrappers and packets with brand names prominently displayed. National-brand advertising in almanacs and other rural publications urged consumers to buy a product whose package was just as inviting as its contents. Among some of the first packaged products to appear on the storekeeper's shelves were Uneeda Biscuits from the National Biscuit Company, Lipton tea bags, Mail Pouch chewing tobacco and Quaker Oats.



contains a c.1900 scale full of oranges, a rare treat in rural Virginia, as well as a string holder and a brown paper package, ready to go home with the customer. An artifact box that pepper is included in the exhibit as a product that would likely have to be weighed out.

ould have held items commonly sold in the early 20<sup>th</sup> century are distributed throughout the store. Can you find containers that held coffee, cheese, cinnamon or crackers?



## **On the Road with Bob and Marge TOTUSKEY GRAIN ELEVATOR IN RICHMOND COUNTY, VA.**

Traveling north from Kilmarnock, Virginia on Route 3, about three miles south of Warsaw, is a deserted mill. The mill is located at the Totuskey Creek Bridge. This grain elevator was built in the late 1950's. Farmers brought grain to this mill from all over the county. Farmers sold their grain to the owner of the elevator and then the grain was shipped by boat to other markets.

The metal mill structure is a three to four storied building. There is a long arm-like structure that extended out over the stream. Today, many vultures claim the mill as their home. The mill has been neglected for many years and nature has not been kind to the structure. Soon, the mill will be a mill site. A sawmill was also located here at one time.



of the Totuskey Creek Company from 1900 to 1910. On SR 619 on Route 3, was the Moore's Mill that was near the old Totuskey 78. This mill was built by William or Jacob Moore.

ylloe Mill that operated until 1968. The last miller was Jack

and many old historic homes. This part of Virginia had many tury. The museum had a special exhibit showing the early canning is time, the cannery produced 12,000 cases of tomatoes a day.